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and The JazzFest

to

The Stones and Beer Bike Tour,
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Seeking Shakespeare? Head to Stratford

BY PAT DONNELLY

It's a pleasure best savoured at the Stratford Shakespearean Festival in Ontario.

This idyllic place, located about an hour and a half on the far side for Toronto, isn't equally accessible to all Canadians.

But many Montrealers make the trek every year. And there's a reason why we do. Not many holiday destinations combine a relaxed, small-town atmosphere with the level of professional English-language theatre usually found only in places like New York.

American tourists figured this one out long ago. Which is why both the Stratford Festival and the Shaw Festival, which is located in Niagara-on-the-Lake, sell at least a third (if not more) of their tickets to customers from *continued on page 9*



Graham Greene as Lennie in John Steinbeck's *Of Mice and Men*.

Photo by David Hou courtesy of The Stratford Festival

Restaurant Review

*From Santorini to L'Esplanade:
Trinity and Café Local*

BY ANNIKA MELANSON

"I close my eyes and for an instant I feel as though I am in Santorini," says my dining companion, as we sit in the oasis in the heart of downtown Montreal known as **Trinity**.

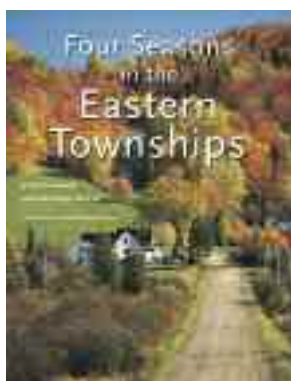
Peter Morentzos, one of the owners of the successful, high-end Queue de Cheval steakhouse, opened the new Greek restaurant just a few weeks ago. Located on Drummond St. opposite the Mount Stephen Club *continued on page 13*

Maternally Yours

Preparing Fido for Baby

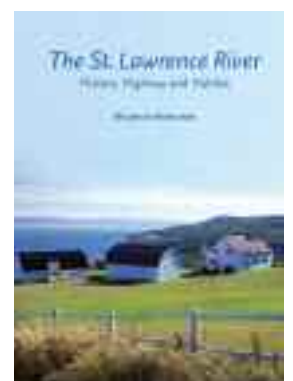
BY ANNIKA MELANSON

If up until now your dog has been your only child and you are expecting a baby, then read on. The arrival of a new baby involves major life changes for the whole household, including Fido. I recently chatted with Emily Cooper, a dog trainer and the founder and owner of **Creature Comforts**. She said, "Dogs are sensitive to our emotions and life changes and it is important to prepare your dog for a major *continued on page 7*



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HAPPENINGS

Vivva Montreal's guide to what's on around the island.

CINEMA

Scale the Alps at the Old Port or come close by taking in *The Alps: Giants of Nature* at the Montreal Science Centre's IMAX movie theatre. The film features mountaineer John Harlin III on a daunting and inspirational expedition to conquer the Eiger, one of the Swiss Alps' most celebrated and dangerous peaks. Tickets cost \$10, \$9 for students 13 to 17 and seniors, \$7 children four to 12. For more information, please call 514.496.IMAX.

COMMUNITY EVENTS

Interested in improv? Joan Butterworth is holding a **drop-in workshop in theatre improvisation** from 7 to 9 pm on Wednesday, June 27. Called "Learning through play," the workshop costs \$20. It takes place at 4020 Grand Blv. in Notre Dame de Grace. A six-week workshop is planned for the fall. For more information, please call 514.485.6027.

St Clement's Anglican Church, at 4322 Wellington in Verdun, is holding a giant **book sale** from 10 am to 3 pm on Saturday, June 30. Lots of English and French hard-cover books, paperbacks and magazines will be on sale. For more information, please call 514.769.5373.

MUSEUMS

Museum of Contemporary Art, Nocturnes. Connect with art in a whole new way by checking out the live music, bar service and speed tours of the exhibition galleries when the museum opens its doors from 6 to 9 pm on the first Friday of the month. The evening of July 6 will highlight modern and traditional percussion and feature the ensembles Blandiloquentia and Guemilere. No reservation necessary. Admission with regular museum ticket or new WIRED card, on sale for \$10. For more information, please see myspace.com/vendredisnocturnes.

A unique bike trip exploring architecture, local history, secret spots and building stones is on tap from 4 to 8 pm, Sunday, July 8. The **stones and beer bike tour** starts

with ancient fossils at the Redpath Museum on the McGill University downtown campus, travels along Sherbrooke Street West to the Sulpicians' reflecting pool at the Grand Seminaire and heads up the old Indian trail on Cote Saint Antoine. It then leads to Leonard Cohen's boyhood Westmount home, glides downhill through the Glen to McAuslan Brewery for a tasting of five ales and finishes with the ghosts of Griffintown. Sponsored by the Redpath, the evening starts at the front steps of the museum (859 Sherbrooke St. W.) rain or shine. The cost is \$20, \$10 for seniors and ID-holder students. That includes the popular booklet "What Building Stones Tell," beer and fresh bread and cheese. For reservations or more information, please call 514.398.4086, ext 4092#.

In honour of the 100th anniversary of **HEC Montreal**, the McCord Museum of Canadian History, at 690 Sherbrooke St. W., is presenting through Aug. 5 an exhibition that traces, through artwork, archival documents, photographs and other objects, the evolution and extraordinary path forged by the institution from its beginnings. Admission costs \$12, \$9 for seniors, \$6 for full-time students with ID, \$4 for children six to 12. It is free for children five and under. For more information, please call 514.398.7100 or see www.mccord-museum.qc.ca.

MUSIC

Tickets are still available for some of the paid-entry offerings of the **Montreal International Jazz Festival**. Its 28th edition is bringing a plethora of performances for all musical tastes, including many free concerts. For more information on the world's largest musical event, please call 514.523.3378 or 1.888.515.0515 or go to www.montrealjazzfest.com. From June 28 to July 8 at various locations, both indoor and outdoor.

The Dora Wasserman Yiddish Theatre is presenting the last night of *Those Were the Days*, the award-winning song and dance extravaganza by Zalmen Mlotek and Moishe Rosenfeld, at 8 pm on Thursday,



Marilyn Manson is town August 8

June 28 at the Saidye Bronfman Centre's Leonor and Alvin Segal Theatre, 5170 Cote St Catherine. This musical tribute to the history of Yiddish theatre is directed by Bryna Wasserman, with Mark Bassel, Billy Finkelstein, Aron Gonshor, Michelle Heisler, Karen Karpman, Richard Martz, Brad Picken, Andee Shuster and Sam Stein. Musical director and pianist John Gilbert leads the live band with Stephane Allard on violin, Chet Dexas on reeds, Ben Gonshor on bass guitar and Liam O'Neill on drums. In Yiddish with English and French supertitles. *Those Were the Days* was originally produced on Broadway in 1991. It was nominated for two Tony Awards, Best Featured Actor in a Musical and Best Direction of a Musical. Tickets cost \$21.94 to \$41.25. For more information, please call 514.739.7944 or see www.saidyebrofman.org.

The McGill Conservatory presents the

Westmount Youth Orchestra in concert at 4 pm on Saturday, June 30, at Redpath Hall, 861 Sherbrooke St. W. Scott Gabriel will conduct. Tickets are \$18, \$10 for seniors, \$5 for students. For more information, please call 514.398.4547.

At the **New Forum** (Bell Centre)

July 6	The White Stripes
July 10	Tool
July 17	Def Leppard
July 19	Hilary Duff
July 25 & 26	The Police
July 28	Deep Purple
August 7	Daft Punk
August 8	Marilyn Manson/Slayer
August 13	Meat Loaf

For more information, please go to www.bellcentre.ca.

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THE NDGERS

Canada Day, Gaelic-style



The usual week-end "Breakfast at the Pub" will be served at **Ye Olde Orchard** on Monday July 2, in the spirit of Canada Day. From Irish French toast (made with Irish Cream), to the Hearty Highlanders breakfast and even a breakfast for the wee ones (\$4.50 for one egg, toast, fresh fruit and potatoes for those under 12) will be available starting at 9 pm. Live bands will be performing on June 30, July 1 and 2 starting at 9 pm. There is no cover charge. Ye Olde Orchard, 5569 Monkland Avenue, 514.484.1569. From left to right: Jonathan Handel, Dana Emberley and Lauren Roy are ready for the Canada Day crowd.

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WESTMOUNT INDEPENDENT

REPORTS

The WESTMOUNT INDEPENDENT is published twice a month on the first and third Wednesday of the month. "Westmount Independent Reports" covers Westmount news that happens between issues. While news items may receive continuous coverage over several editions, what appears below is not a synopsis or a preview.

Canada Day garbage collection and library hours

Garbage in Westmount will be collected normally on Monday, July 2, the day that many offices and institutions will be closed for Canada Day. The Westmount Public Library, however, will be closed on Sunday, July 1 and Monday, July 2.

PSO captain retires

Westmount Public Safety Officer Captain John Everatt has retired after 26 years of service. He was second in command of the Public Security Unit. For fuller coverage, please consult the July 4 issue of the *Westmount Independent*.

"Close to home" exhibit begins July 12

The Gallery at Victoria Hall will be hosting "Close to home," a group exhibition. Mona Agia, Caroline Benchérit, Peter Boyadjieff, Burt Covit, Gael Eakin, Lindsey Fryett, Francine Leduc, Tony Shine, Marguerite Milette Trudeau and the Westmount Quilters Guild. The exhibition begins on July 12 and runs until August 18.

Neuroscience at the Rotary

At their Wednesday, June 20 lunchtime meeting, the members of the Westmount Rotary got an insider's look at cutting-edge neurology thanks to Dr. Louise Tyvaert, Rotarian ambassadorial scholar and Montreal Neurological Institute postdoctoral fellow. The Lille, France native discussed her pioneering work on epilepsy, a condition she said affects .6 percent of Canadians, with 15,500 new cases per year in our country. The Rotary meets at 12:30 pm every Wednesday at Victoria Hall, 4626 Sherbrooke St. W. For more information, please contact 514-935-3344 or info@rotarywestmount.org.



Westmount Sports and Recreation's Roughnecks celebrate their recent 4-3 OT victory over the Express to win the championship. From left to right: James Kastner, Stéphane Vinet, Becket Osterland, Taylor Boyd, Yan-Maurice McNiven, Gabriel Mashaal and Samuel Abramson. Coaches are David Pickney (left) and Kyle Peterdy.

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The normal schedule
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SUMMER DRIVING

Car alarms

BY JORDAN W. CHARNNESS

I'm told that I've always been the industrious sort. When I was doing my undergraduate degree, I started up a student window washing company that at its peak employed twenty students throughout the summer. It was from the proceeds of this company that I bought my first sports car. I still remember that beautiful Triumph Spitfire. It was a two seat convertible that was damson-coloured with a tan leather interior. (I never knew what 'damson' was until I bought a can of plums that were damson plums. Turns out 'damson' is a kind of plum colour. Go figure.) Although when I bought it, it was already ten years old, I took good care of it, made some improvements, and eventually sold it seven years later for five times what I paid for it.

When I was in law school, I started another company that installed car alarms. I was salesman and installer all rolled into one and am still amazed that I survived the contortions that I had to go through in order to install wiring underneath the dashboard.

Car theft capital

Cars have changed a lot since then. They now sport on-board computers and electronics that control several hundred functions every minute. One thing has not changed. Montreal is still the car theft capital of North America. Oddly enough, cars get stolen in the deep freeze of winter just about as often as they do in summer. The only difference is that we are often more helpful to a car thief during the summer months.

In the summer, too many of us leave our car windows rolled down. This helps a car thief to help himself to our car. This is also illegal. Leaving your car windows open (or even your doors unlocked) will get you a \$42 fine if your car is still there upon your return.

Some police officers have told me that, when looking, they can find dozens of cars per hour with their doors unlocked or windows open. Another popular yet stupid habit is to leave your car keys in the ignition and your car door unlocked while you go to pay for the gas that you've just

pumped. This habit is more common in winter than in summer. It really does not take much time for a thief to jump into your car, start it and drive away.

Insurance aspects

Your insurance company will be none too pleased if you report the theft after you've left your car keys in the ignition, and in some cases may refuse to cover it. Rental cars in particular are virtually never insured if you cannot produce the car keys.

Stolen cars have a direct effect on profit and loss statements of the insurance company. In Montreal few stolen cars are recovered and the insurance companies end up paying for the losses.

In order to protect themselves, some insurance companies have required car owners to install various anti-theft devices if they want to be covered in case of theft. Not only that, many companies will insist on a certain type of theft deterrent or theft recovery device before they will ensure particular vehicles. Minivans often require ignition-kill devices, while luxury car owners may be told to install satellite tracking devices in their vehicles before the insurance company will issue a policy.

Insurance practices legal?

Is this insurance industry practice legal? Within reason it is. Since an insurance contract is basically a private contract between the insurance company and the individual purchasing a policy, the insurance companies are free to set the terms and conditions that they require before entering into the contract. Different companies have different conditions and free market economic forces and competition tend to keep the requirements more or less reasonable.

If the car owner is not in agreement with the requirements set out by his insurance company, he is free to shop around and see if he can find one that is more to his liking. In theory, it is legal, although not too bright, to refuse to purchase fire and theft insurance for your car. If your car has any value to you at all, it usually pays to purchase at least some fire

and theft coverage.

When purchasing this type of insurance you should be sure to ask the insurance company what exactly will be covered and how much they will pay you in case your car drives away without you. Most companies will only give you book value for your vehicle and you may not like what is written in 'the book'.

What is your car worth?

Before insuring your car, ask your broker or insurance company how much the book says your car is worth. If you think it is worth more than the book says it is, hire a professional evaluator to give you a written value for your car. You can then arrange with your insurance company to insure you for that value and your premiums will be adjusted accordingly.

One thing I did learn while owning a car alarm company is that a determined

professional thief will be able to steal your car no matter what type of alarm system you install. On the other hand, a decent alarm system will keep joy riders, kids and amateurs from making off with your car and trashing it. You just do what you can and if worse comes to worst, well ... that is what insurance is for.

Jordan W. Charness is the managing partner of Charness, Charness & Charness.

He brings a wealth of legal knowledge perfected in almost 20 years of giving legal advice live on Montreal's top radio stations. He writes a weekly column in The Gazette entitled "Steering You Right". "Car Alarms" is an excerpt from his recent book Steering You Right: Greatest Stories and is used by permission.

This column is of a general nature and may not be applicable in all situations and jurisdictions. If you need legal advice, please consult a lawyer.



This car owner has it right: close your windows to prevent theft.

Montreal Calendar



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SUMMER MOVIES

Stories from abroad arrive onscreen with mixed results

A Mighty Heart

After the Wedding (English subtitles)

Jindabyne

BY MATTHEW BRETT

“On the seventh of October, the bombing began.” And so, over a montage of sustained real video footage of bombings by the United States, *A Mighty Heart* begins. But this is no action film. The bombs delivered in the film are emotional and silent. They pierce the mighty heart and leave a deep impression of just how complex modern warfare has become as it trickles off the battlefield and into the lives of those who are trying to find reason within the chaos.

The Daniel Pearl story


Viewers are sucked into the congested and clamoring landscape of Karachi, Pakistan, where Wall Street Journalist Daniel Pearl (Daniel Futterman) and his pregnant wife Mariane (Angelina Jolie) stay at the house of a fellow Wall Street journalist. When Daniel doesn't return from an arranged meeting with a Pakistani cleric believed to have Al-Qaeda ties and information relating to “shoe bomber” Richard

Reid, the plot plunges into a world of political distrust, confusion and emotional upheaval culminating in the videotaped beheading of Daniel, put on display for public consumption. Thankfully, Mariane does not watch the beheading, nor do film viewers. The thought of such an act is enough in its own right.

Director Michael Winterbottom pulls all the elements of Daniel Pearl's story together with such deft precision, or deliberate lack thereof, that it may be regarded as his best film to date. Filmed with a handheld camera and interspersed with video archives, *A Mighty Heart* is a remarkable, insightful film, providing a morsel of understanding into the chaos and confusion we only glance at in headlines.

Jolie brings character to life

Jolie's slippery French accent is difficult to pin down at times, but she appears in virtually every scene and brings her character, based on a novel written by Mariane Pearl, to life.

According to his captors, Pearl's beheading was spurred by the unfair treatment of the detainees, and in an archived video-clip, Collin Powell states “the detainees at Guantanamo are being treated humanely.” However, as we've come to learn, matters are far more complex than they appear to be on the surface. *A Mighty Heart* dives right into the heart of the issue, and unfortunately, as the Iraq War drags on, many won't be able to come up for air  anytime soon.

After the Wedding

After the Wedding drags viewers through over two hours of far-flung melodrama that may lead the viewer to drink as much as some of the characters do. The film opens in the messy, crowded streets of Mumbai where aid worker Jacob, played by heartthrob Mads Mikkelsen, gives out food and helps run a school in need of funding. Jacob travels to Denmark after his 20-year hiatus to work out a deal with a billionaire named Jorgen, brilliantly played by Rolf Lassgard. Jacob learns that Jorgen is married to his old fling Helene (Sidse Babbette) who was impregnated by Jacob before he left for Mumbai. Helene never told Jacob about their child, Anna, and Anna herself was told that her genetic


father was dead. As the truth unfolds, characters are thrown into a spin-cycle of emotion unrivaled in recent cinematic faire.

Drama – at a snail's pace

Unfortunately, any of the film's glimmering moments of profound drama, and there are a fair few, were drowned out by the snail's pace of the plot. There are some very intricately constructed scenes, but the concussive emotional blows dealt to all of the characters as the film winds its way around some saddening turns do not amount to much. The excellent dialogue and acting, the moving musical score and the sheer emotional complexity of this film could not save it from its mind-numbing pace. Even 18th century novel enthusiasts would find this film to be the mellowest of melodramas.

The film is worth seeing, if only to watch Rolf Lassgard play the incredibly dynamic, humorous and harrowing role of Jorgen. It is a stellar performance on par to some of the acting done by Ben Kingsley. There is some interesting camera work, but the repeated attempts at symbolism through frequent extreme close-ups of eyes fail to convey the message, whatever it may be.

Miss it

Ultimately, this film is a waste of precious time. It may be moving, but it's dreadfully long and slow. Wait for a video release,  and rent it on a night when you're having trouble sleeping.

Racial relations down under

With Hugh Jackman's recent venture into film production, Australian cinema finds itself at the forefront of the cinematic industry, and *Jindabyne* can easily be lauded as one of the best Australian films since the 1992 skinhead reality check, *Romper Stomper*, starring Russell Crowe.

At first, a fishing trip

An adaptation of the acclaimed Raymond Carver short story *So Much Water, So Close to Home*, Australian director Ray Lawrence's *Jindabyne* is shot with such deft subtlety of characterization that it will be remembered well after it leaves the big screen.

The film takes place on site in the village of Jindabyne in New South Wales, Australia. A group of four friends led by Irish-born race-car driver turned mechanic Stewart (Gabriel Byrne) embark on their annual fishing trip to a remote creek.

Viewers are thrown into a racial whirlwind when the men find the dead body of a young aboriginal woman named Susan floating in the creek. In one of the most




abject failures of racial acceptance in recent cinematic history, the men tether Susan to a branch and continue their fishing foray.

Reactions to insensitivity

When the men return to Jindabyne a few days later and notify the police, their initial inaction opens a can of racial worms (pun intended) rarely dealt with in cinema with such intelligence and maturity. Stewart's wife, Claire, brilliantly acted by Laura Linney, sets herself on the film's highest moral ground, threatening divorce while trying to bridge the unspoken racial segregation between the white villagers and the mourning aboriginal characters. The film is beautifully shot as a great portion of its scenes pan vast landscapes or focus on a close-up shot of the Australian countryside.

Jindabyne's biggest pitfall is its stubborn insistence on posing several questions to the viewer at the outset of the film, only to leave them unanswered. It's reminiscent of actor/director Tommy Lee Jones' film, *The Three Burials of Melquiades Estrada*, but *Jindabyne* is far more emotionally, ethically and intellectually complex. There are some fascinating and highly nuanced character dynamics, and there is a really sharp, dark humour at work throughout (e.g. “We found a body. I caught the most amazing fish though.”), and the native spiritual quality of the film adds another unique element to the mood.

Ultimately, the unanswered questions of racial prejudice and how fragile a community is leave the film with you. With the Assembly of First Nations announcement that they will be holding a National Day of Action across Canada on June 29, this is a timely film for all Canadians. 



A Mighty Heart is the story of the real life journalist, Daniel Pearl.

BOOK REVIEW

A Book by Any Other Name

BY CATHERINE MCKENZIE

Poppy Shakespeare
by Clare Allen



Poppy Shakespeare, Clare Allen’s excellent debut novel, demonstrates how a good name can get someone who wouldn’t otherwise read your novel to read it. How? More about that later. But first, the requisite summary.

Poppy Shakespeare is the story of a group of characters who spend their days at the “Dorothy Fish,” the day hospital of the local mental institution, the Abaddon. The Abaddon is a seven-floor building with a simple classification system: the madder you are, the higher you go. Thus, patients generally begin their stays on the seventh floor and work their way down to the Dorothy Fish, located on the first floor. A place in the Dorothy Fish means that you get to spend your nights in the low-income apartment complex at the bottom of the hill, the Darkwoods Estates. It also may or may not mean that you are closer to getting better, whatever that means.

N the dribbler

The story is narrated by a woman known simply as “N” (there are 26 places in the Dorothy Fish unit, and each character has a name that begins with a different letter of the alphabet). N has been a dribbler, as she calls them, since before she was born on account of her mom being a dribbler and her mom’s mom before that. She has literally seen it all, at least all there is to see in the one square mile that she in-

habits. N introduces us to the present residents of the Dorothy Fish, and a few who are angling for a spot just as soon as their letter-doppelganger is declared well enough to be discharged. There is Middle-Class Michael, the self-proclaimed leader, Brian the Butcher and Sue the Sticks, to name a few. These misfits spend their days together in relative harmony, working to keep their places in the unit (no one wants to be sent back upstairs or out into the real world), getting their government cheques and their good medication.

Poppy pops up

And then one day, N is asked by her doctor to introduce a new patient, Poppy Shakespeare, to the unit. N agrees with reluctance, and meets and befriends Poppy. Poppy’s appearance causes quite a stir in the unit, what with N being given responsibility for the first time and Poppy getting a place in the Dorothy Fish without having gone through the seven levels of hell of the Abaddon. What’s more Poppy looks, and maintains that she is, completely normal. Perhaps there has been some terrible mistake. And she might just be right, unless, and until, hanging around with a group of mad people who have learned how to work through a mad system doesn’t drive her ’round the twist.

Poppy wants out of the system; she doesn’t want the coveted place she has assumed without effort. And N agrees to get her out of there, even if it means brining some normalcy into her life, normalcy that might threaten her own place in the Dorothy Fish. We follow N and Poppy through their battles with that system: try-

ing to find Poppy a lawyer who can defend her and get paid for doing so, getting Poppy public assistance even if that means pretending she is mad, and passing (or failing, depending on your perspective) the assessment exams that become more and more frequent. N doesn’t understand what Poppy’s problem is but she is a friend in need and N likes finally to be needed.

As I mentioned above, I picked up this book because of the name. And it was because of the name that I didn’t put it down once I had read the back cover. I wanted to see if the boldness of putting Shakespeare’s name on a book cover was merited or just cheek.

No Catch-22 or Cuckoo’s Nest

The reason I almost put it down after I read the back cover is that the description of the book didn’t really interest me. Or rather, the comparisons didn’t. Because it described the book (as back covers are wont to do) as a combination of *Catch-22* and *One Flew Over the Cuckoo’s Nest*. I don’t particularly like either of those books; *Catch-22* because it was too frustrating and self-important and *Cuckoo* because it is all so depressing. And while those comparisons are accurate to a certain degree, they fail to capture all that is good and original in this book. Because this novel, while making many of the same points as those books, manages to do so with a humour (albeit dark) and completely novel character development that I found missing in those books. Put another way, even though the various pieces of this book can be found in others, the sum of its parts is greater than those individual pieces. And so, even though there are predictable elements here, they don’t detract from the story.

I highly recommend this book. V



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Some dogs need help adjusting to a newborn

continued from page 1

life-changing event, as we would prepare a child.” There are simple things that one can do to ease your pet’s transition and the sooner you start preparing your pet, the better.

Get started!

Before your baby is born is the ideal time ideal as you will have more time to devote to your furry friend than after baby’s arrival. Cooper suggests asking yourself the following questions in order to determine whether you need to seek professional help for your dog:

- Does your dog have any object guarding tendencies (toys, food, etc.)?
- Does your dog have any handling issues (parts of the body that are sensitive to touch)?
- Are there rooms in the house that will become off-limits to your dog?
- Does your dog have a tendency to get under foot?
- Does your dog jump up when you are carrying novel items (baby, baby food, toys)?
- How does your dog respond to sounds?
- How does your dog react to change?
- How does your dog react to having visitors coming into the house?
- Does your dog have a sensitive or needy personality?
- How will you satisfy my dog’s exercise requirements?
- Are there things that are allowed that will be prohibited once the baby arrives (e.g. sleeping in your bed)?
- Will doors that are normally kept open be closed?

If you have answered “yes” to many of these questions, it may be a good idea to consult a professional.

“Any dog owner will benefit from extra tips and guidance,” Cooper said. “Often what seems like a hopeless situation can be made more manageable.” She will come to your home and offers one-hour sessions. Often one or two sessions are all that is needed, depending on the family’s requirements. Sessions cost between \$60 and \$70. **Creature Comforts**, 514.576.2667.

Fun, free festival activities

The **Montreal International Jazz Festival** isn’t only for adults. Junior jazz and blues enthusiasts and tots with rhythm can take advantage of the wonderful activities that are offered. From June 18 to July 8 the **Parc Musical Alcan** welcomes children from noon until 10 pm daily. Located on the esplanade of The Place des Arts,

across from the water fountain, the large enclosed area is equipped with inflatable structures, slides, tunnels, entertainment and face painting.

From July 5 to July 8 at 1 pm daily, a **bilingual puppet show** is presented on the Alcan stage in front of Complexe Desjardins. Make sure to pop sunscreen and a sun hat on your youngster. Last year it was roasty. For those who want to get out of the heat, head over to the **Little School of Jazz** in Complexe Desjardins on the lower level. A bilingual show is presented twice daily, at 11 am and at 1.30 pm, from June 28 to July 4. All these activities are free. The nice thing about being in close proximity to Complexe Desjardins is that you can nip in to use the toilet and diaper change tables. Plus, there is a food court, which includes an ice cream vendor for a cool break or lunch. For more information, call 514.871.1881 or visit www.montrealjazzfest.com.

The **Just for Laughs Festival**, from July 8 to July 29 also hosts an array of entertaining activities for little ones. It all happens in the park on de Maisonneuve between Sanguinet and St. Dominique in the children’s area under the trees. For Bob the Builder fans, there will be a sandbox equipped with shovels and pails which will be set up like a construction site. Other activities include daily marionette shows, which will be presented at *Castelet dans un Jardin* (check the website for shows and times as there are many) and *Festijeux*, where wood tables and table games will be set up. There will also be an on-site atelier for kids to make marionettes and the famous Frères Balloovitch from France will be creating balloon hats. Just for Laughs Festival, 514.845.3155, www.hahaha.com.

Les FrancoFolies de Montréal, from July 26 until August 5, also invites children to participate. From July 26 to August 4, **Benoît chez Moi** will be putting on a performance at 1 pm and at 3 pm at La Grande Place du Complexe Desjardins. On August 4, **Shilvi** will be performing at Salle Jean Duceppe at Place des Arts at 3 pm. Both shows are free but it’s first come, first serve. Les FrancoFolies de Montreal, 514.876.8989, www.francofolies.com.

Ongoing all summer

La Ronde is celebrating its 40th anniversary this summer. The amusement park is open daily from 10:30 am to 10:30 pm until the end of August. Admission is \$27 for children under 54 inches and \$42 for the rest of the gang. La Ronde, 22 MacDonald Rd., 514.397.2000, www.laronde.com.

Head over to the Biodome for the **Fatal Attraction Exhibition: Courtship Rituals in the Animal Kingdom**. The exhibit originated in Europe and explains the courtship rituals of animals and humans. It is suitable for all ages and includes a film, a multimedia show, games and activity carts. The featured movie, *Bizarre Breeding*, is shown daily in English and French at 10 am and 5.30 pm. The multimedia show, *When Animals Speak of Love*, is shown daily in English at 11:30 am and at 2:30 pm. The French showing is at 12:30 pm, 1:30 pm, 3:30 pm and 4:30 pm. Admission is \$13.50 for adults, \$6.75 for children ages five to 17, \$2 for kids two to four, and free for those under two. Be sure to mention that you are a Quebec resident as prices are more expensive for people living outside of the province. Members of CAA get a 15 percent discount on admission to the Biodome, Planetarium, Insectarium and Botanical Gardens. This exhibit is on until September 3. The Montreal Biodome, 4777 Pierre de Coubertin Ave. (near the Olympic Stadium), 514.868.3000, www.biodome.qc.ca.

Yummy mummies

Here is a welcome treat for allergy sufferers: **Pâtisserie Cho’Cola**, which opened on June 7, offers delicious nut-free yummys. Inspired by her own children’s nut allergies, owner Gloria Kakon has opened this new bakery and lunch spot. 5601 Monkland Ave. (corner Marcil), 514.485.



When you are expecting, take the time to know our dog.

2652. Who remembers Erica Ehm, the VJ from MuchMusic many moons ago? She is now a mother and the founder of www.yummy-mummysite.com, a fun and sometimes racy website: “a playful and cheeky site for modern mothers looking for adult stimulation.” Articles discuss real and often entertaining issues

such as working mummy, single mummy, domestic daddies and between the covers(!) – and the blogs are fun to read too (my son pierced his nipple, ramblings of an exhausted mummy, secret life of a hot mama, etc.). Check it out when you have some free time... because we all have so much of it, between changing diapers, making lunches and brushing Cheerios out of our hair...but we love it! www.yummy-mummysite.com.

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COOKING

Salmon on cedar on the grill

BY ANTHEA DAWSON

One of the greatest things about Montreal in these early days of summer has to be the wonderful aromas wafting through the city around 6:30 pm. Around that time, practically every evening of the week, you are bound to walk through a cloud of the most mouth-watering, hunger-inducing smells that can only emanate from the barbeque – and are sure to send your growling stomach right over the edge.

Getting away from meat

The barbequing season is one of the most coveted times of year. Big fat juicy steaks, fall off-the-bone ribs, and spice-rubbed chicken rule the gourmet barbeque menus, and even the strictest of vegetarians could be tempted to have a nibble with the amazing smells in the air. Meats are definitely the grilling food of choice as most people feel very comfortable with their cooking techniques. Although fish is hugely popular on indoor dinner menus, it has caused a bit of debate when it comes to grilling – it is often associated with flaking apart, causing a big mess and drying out completely. All of these accusations can be true, but properly grilled fish can be the real show-stopper at your next barbeque, and makes an amazing light summer meal.

Choosing the right fish for grilling is really important. Those with a steak-like consistency, like halibut or swordfish, traditionally fare the best, while flakier more delicate fish like salmon, trout and red snapper tend to become barbequing victims. However, there is no reason why these delicacies should have to spend the rest of their days in the oven – there are very simple ways to properly grill a piece of salmon that you will use time and time again. And one of my favourites is using the cedar plank.

Cedar planks for sale

You have probably seen cedar planks sold around town once the barbequing season has officially kicked off. You can find them at most hardware stores, Canadian Tire and even Costco (6 for \$10). They are a great tool to use in the summer. The intense, slightly smoky but incredibly

rich flavour it will bring to your dish is remarkable, and the prep-time is nominal. The only thing that you really need to do with your cedar plank is to remember to soak it – anywhere from 30 minutes to two hours is fine, but the longer it soaks the better to keep it from charring up too quickly on the grill. The plank is one-time-use only sort of a tool, as the bottom chars quite severely and that would impart an acrid taste to your fish the next time you used it.

Usually there is a smooth side and a rough side to the plank. Once it has soaked for an ample amount of time, remove it from the water, pat the smooth side dry with a paper towel and place your whole piece of salmon (skin on), flesh side up. At this point you want to turn your grill down to medium-low – if the fire is too hot, it will burn through the cedar plank quite quickly, despite the soaking, leaving you with a very charred dinner. Some people even like to turn one side of their barbeque off completely and place the plank there, but leave the other side with a high flame – by closing the lid the fish will cook and steam. I prefer just a medium-low heat, but either method is just fine as long as the lid to your grill is closed.

The flavour from the cedar plank is quite intense so you may not even think you need any marinade or rub on your fish at all aside from salt and pepper, but I like to add a little kick to complement the richness of the cedar. My sister's concoction of grainy mustard, a little maple syrup, olive oil and fresh rosemary is just the right flavour to pair with cedar-planked salmon (rainbow trout is equally delicious). I mix all the ingredients together, score the top of the salmon (cut a criss-cross pattern about a quarter-inch into the flesh of the fish), rub in the marinade and let it sit for about 30 minutes.

The cooking

Once your grill is at the proper temp, transfer the salmon to the soaked cedar plank, place it on the barbeque and close the lid, and let it be for about 15 to 20 minutes. The cooking time will depend on the size of your piece of salmon, but that should be generally enough time for the fish to caramelize around the edges yet re-



Salmon on a plank

main pink in the center. Carefully transfer the plank from your grill with oven mitts onto a cookie sheet and voilà... dinner is served. With some grilled asparagus and boiled new potatoes, it truly is a picture and one of the simplest summer dinners that you can whip up in under an hour.

Grilled Cedar-Planked Salmon

- 1 cedar plank, soaked for at least 30 minutes
- 2 lbs. salmon fillet, skin on
- 4 Tbsp. grainy mustard
- 2 Tbsp. maple syrup
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. fresh rosemary, finely chopped
- 4 Tbsp. extra-virgin olive oil
- Kosher salt and freshly ground pepper to taste

Soak your cedar plank for at least 30 minutes or up to two hours.

In a small bowl, mix together grainy mustard, maple syrup, balsamic vinegar and fresh rosemary to make the marinade for the salmon. Slowly whisk in the extra-virgin olive oil and set aside.

Pre-heat your grill until hot. Place salmon fillet on a cookie sheet and score the flesh.

Rub in the marinade so it covers the top of the salmon and let it rest in the refrigerator for at least 30 minutes but no more than one hour.

Turn your grill down to medium-low. Remove the cedar plank from the water and pat dry with a paper towel.

Transfer the salmon to the smooth side of the plank, making sure that no part of the fish is hanging off of the wood, and season the fish with kosher salt and pepper.

Place the cedar plank on the grill and close the lid. Set a timer for 15 minutes. Let the fish cook, lifting the lid every so often to make sure that it is not charring.

Once it is cooked through (crispy around the edges but still tender in the middle), carefully move the plank onto a cookie sheet and let stand for two minutes. Serve the salmon as is on the plank or transfer to a serving platter, but divide into four portions and enjoy!

Serves four.

Fresh Berries with Mascarpone Ricotta Cream

This is a great, light summer dessert with a beautiful presentation. Try to buy local Quebec berries when they are in season as the flavours are 100 times better than imported.

- ½ cup fresh raspberries
- ½ cup fresh blueberries
- ½ cup fresh blackberries
- ½ cup fresh strawberries, hulled and halved

- 2 Tbsp. chopped fresh mint
- 1 cup mascarpone
- 1 cup low-fat ricotta
- ¼ cup maple syrup
- 1 tsp. good quality vanilla
- 2 tsp. lemon zest
- Mint sprigs for garnish

In a medium bowl, combine the berries and toss with the chopped mint.

In another bowl, mix together mascarpone, ricotta, maple syrup, vanilla and lemon zest.

Divide the berries amongst four cocktail or parfait glasses. Carefully spoon the mascarpone ricotta cream on top of the berries and garnish each glass with a mint sprig. Serve with a square of dark chocolate and enjoy!

Serves four

MYSTERY SERIES FOR MONTREALERS

THE CAITLIN DONOVAN SERIES



Stratford offers a mix of Shakespeare and other plays

continued from page 1

across the border. As a result, the Stratford Festival is an excellent place to meet schoolteachers from Chicago or Detroit.

Richard Monette's last season

A total of 14 plays will be presented during artistic director Richard Monette's 14th and final season.

"This is my last chance to mount a season – something I love to do," said Monette, a former Montrealer. "It includes the many elements I think are important: the big classic, King Lear; the controversial Shakespeare, The Merchant of Venice (with Graham Greene as Shylock); the blockbuster musical, Oklahoma!; plus a second, charming musical offering, My One and Only, as well as shows to be enjoyed by the whole family. My own offering, The Comedy of Errors, is a Shakespearean classic made very accessible, showing how much fun Shakespeare can be for all ages."

Antoni Cimolino is the general director of the festival, soon to be backed up by an artistic triumvirate: Don Shipley, a Canadian who has been running the Dublin

Theatre Festival in Ireland; Marti Maraden, former head of English Theatre at the National Arts Centre in Ottawa; and Des McNuff, a Tony-winning Canadian who has been dividing his time between New York and California (La Jolla Playhouse). All of this bodes well for touring possibilities in the future. But for the moment, the principal place to see Stratford plays is at Stratford.

Planning a visit

At press time, I have as yet to make my annual Stratford pilgrimage.

Strategic planning, however, is already underway. It's a necessity when traveling from Montreal. Taking in the whole Stratford playbill requires a week. But most of us only have a weekend. Fortunately, that's when the maximum number of plays is running. If it's possible to arrive in time for a 2 pm Friday matinee and to stay for the Sunday one, that adds up to five potential play slots -- and blessed little time to do anything else.

Stratford isn't all about Shakespeare. In fact, this season, only four of the plays were written by him, although another one is about him. In Shakespeare's Will, Seana McKenna plays a pensive Anne Hathaway during her days as the widow of the Bard.

Graham Greene

What initially interested me most this year was seeing Graham Greene, Canada's number one First Nations actor, as Shylock, under the direction of Richard Rose. Unfortunately, the reviews have been mixed. Greene has been taken to task for his diction, Rose for his quirky interpretation. I still want to see what Greene does with the role.

But my first picks of Shakespeare are now Monette's Comedy of Errors, which everyone seems to agree is a hoot, and Othello, directed by David Latham.

Jonathan Goad's Iago has been winning raves and Philip Akin's Othello, grudging praise. While I'm sure Brian Bedford is a wonderful King Lear, it wasn't that long ago that I saw Christopher Plummer incarnate that role to perfection at Stratford. For me, it's too soon to see another Lear.

The one show I do not intend to miss, for entirely frivolous reasons, is the classic Rodgers and Hammerstein musical Oklahoma!, directed by Donna Feore, aka the wife of actor Colm Feore. The other musical, My One and Only, by George and Ira Gershwin, starring Cynthia Dale, promises to be another cup of good cheer.

Mockingbird and Mice and Men as plays

Stratford has other options in addition to Shakespeare and musicals. This year there's To Kill A Mockingbird, an American classic based on the Pulitzer-winning novel by Harper Lee. This production, directed by Susan H. Schulman, features Peter Donaldson reportedly doing a fine job of playing the idealistic lawyer who defends a black man accused of raping a white woman. Yet another staged American novel, John Steinbeck's Of Mice and Men, directed by Martha Henry, offers a chance to catch Graham Greene in another role, as the slow-witted Lennie Small.

On a smaller scale, at the 260-seat Studio Theatre, Lucy Peacock goes solo in The Blonde, the Brunette and the Vengeful Redhead, and former Montrealer Peter Hinton directs the Odyssey, an adaptation of the ancient Greek myth by the Nobel-winning Caribbean author, Derek Walcott. But the Odyssey doesn't begin previews until July 27. At Stratford, openings at the four venues are staggered throughout the summer.

Tips on attending

If you can't commit to booking ahead, remember that rush tickets may often be available at half price at the 1,824-seat Festival Theatre, while the other three venues are more likely to be sold out. So you might want to gamble on getting a bargain on Oscar Wilde's An Ideal Husband at the Festival Theatre, for example, but don't expect to get a ticket for My One and Only at the door of the 1,093-seat Avon Theatre or




Graham Greene as Shylock in The Merchant of Venice.

Photo by Richard Bain courtesy of The Stratford Festival

for Edward Albee's A Delicate Balance, starring Martha Henry and David Fox (replacing William Hutt) at the 480-seat Tom Patterson Theatre. Also remember that all the theatres tend to fill up on Saturday nights.

The festival accommodation bureau, which can be contacted through number below, will find you a resting place within your price range.


The Stratford Festival continues until November 4. For tickets, ranging from \$20 to \$108, call 1.800.567.1600 or www.stratfordfestival.ca. 



Lucy Peacock in The Blonde, the Brunette and the Vengeful Redhead

Photo by David Hou courtesy of the Stratford Festival

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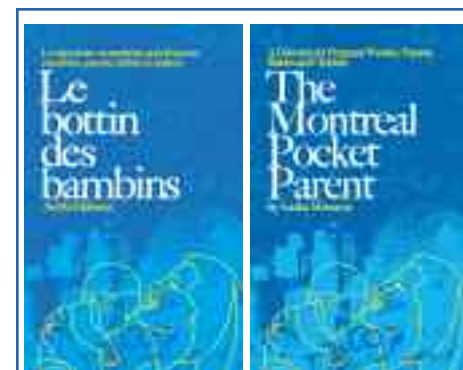
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The Laurentider: Outdoor fun in the Laurentians

The Laurentians are well known for their mountains, lakes and cottages, but within the last few years, sports tourism has greatly improved and the region now boasts a huge variety of outdoor recreation activities during the summer months. There are several excellent waterslides in the region, with the best being on the side of the St. Sauveur Ski Area in St. Sauveur, and Super Splash in St. Adele. In addition, there are a number of waterfalls to discover, and public beaches like those in the villages of Morin Heights and Montfort offer excellent (and free) swimming.

For those who prefer their summer fun on the drier side, there is Acro-Nature, an environmental adventure park on the slopes of Morin Heights ski area. Acro-Nature features hiking, rock climbing, zip lines, and other ways to

enjoy the beautiful mountains. The P'tit Train du Nord and the Corridor Aerobique offer kilometers of cycling, hiking, and backpacking from Morin Heights to St. Adele and beyond.

The increased popularity of golf is certainly reflected in the number and variety of courses in the region. With over 45 golf clubs (the vast majority of which are pub-

lic) throughout the region, the beauty and eco-diversity of the Laurentians is on display on the mature tree-lined fairways, rock cliff vistas, and lush green courses. Most courses offer specials for play after 3 pm, weekend specials, and packages with lodging and meals. For a list of golf courses in the Laurentians, visit <http://www.golfquebec.com/clublist.html#nord>.

Finally, if you want to skip the outdoor sports and skip right to

the outdoor relaxation, the Laurentians are liberally dotted with spas featuring hot springs, cold pools, massage, zen gardens, saunas, meals, and services of every description. For a list of laurentian spas, see <http://www.lodgesresorts.com/Quebec/quebec-spas.html>. So if you are visiting with your family, your spouse or by yourself, head to the Laurentian outdoors and you will be sure to find the outdoor experience you're looking for. **V**



The view from Tremblant

Source: MSSJ Pictures

LAURENTIANS CALENDAR

ARTS AND CRAFTS:

- **Canada Day Celebration**, Morin-Heights, June 30, 450.226.3232, ext 74. Held at the Morin Heights ski area, this is a small-town Canada Day celebration not to be missed.
- **Champ Car World Cup Auto Race**, Circuit Mont Tremblant, June 29 to July 1, 819.425.6363. Previously held in Montreal, world-class open wheel racing has come to the renovated track in the heart of the Laurentians.
- **Tours Les Moulins St. Eustache**, until September 16, 450.974.5170. Witness the first factory in action. The St. Eustache flour mill offers guided tours and historical exhibits of life and work in the 19th Century.

OUTDOORS:

- **Walking Tours of Historic Mont Laurier**, until July 30, 819.623.1900. See historic buildings and learn about the history of this unique Laurentian town.
- **Laurentians Canoeing**, Dumoine River, July 8-12, 613 546 9216. The Catarqui Canoe Club offers camping and canoeing trips across the region.
- **Centre Touristique et Éducatif des Laurentides**, Lac du Cordon, St. Faustin, Ongoing, 819.326.1606. This centre is dedicated to the responsible enjoyment of the Laurentian outdoors, and offers a full range of outdoor activities from Friday through Monday.

THEATRE:

- **Festival de théâtre ambulant des Hautes-Laurentides**, Labelle et Nominingue, June 28 to September 6, 866.478.0250. If you like Québécois humor, this festival offers three works playing in two towns over the summer season.
- **Théâtre-en-plein-air of the Laurentians**, St. Adele and Morin Heights, July 18 to August 19, 514.916.7275. This year's production is *The Schemer* by Molliere.

- **Signature Laurentians art exhibit**, Centre d'exposition de Val-David, June 16 to August 19, 819.322.7474. Over 40 of the regions best artists grouped together in a multi-media show.
- **1001 Pots Ceramics Exhibition**, Val David, July 13 to August 12, 819-322-6868. The most important ceramics event in Quebec, 1001 Pots features exhibits, sales, and musical performances in a tree-shaded setting.
- **Exposition d'Arts Morin Heights**, July 21 to 29, 450.226.1043. Local artists take over the City Hall in Morin-Heights for their annual show.
- **Les Jardins du Precambrien 2007**, symposium and exhibition, Val David, July 14-September 3, 819.322.7167. Established in 1995, Fondation Derouin is a non-profit organization whose mission is to hold artistic gatherings on various topics, with particular emphasis on socially integrated art and relations with the public. These unique installations are created by local and visiting artists, then opened to the public.

MUSIC:

- **International Blues Festival**, Mont Tremblant, Mont-Tremblant Resort, July 6-15, 819 681-2000. Increasing in quantity and quality year after year, the Blues Festival offers the world's best blues artists (this year features the legendary Kokko Taylor among others) in a first-class performance setting.
- **Concerts Loto-Quebec**, St. Sauveur, July 7-8, and weekends August 26, 514. 499.5151. Ranging from Classical, Jazz, Folk, Rock and beyond, these free concerts are a wonderful way to finish off a day in the village of St-Sauveur.
- **Rhythmes Tremblant**, Mont Tremblant Resort, Weekends until August 26, 819 681-3000. If you like international music, Rhythmes Tremblant offers a nice selection of world music artists, and the atmosphere of Mont Tremblant.

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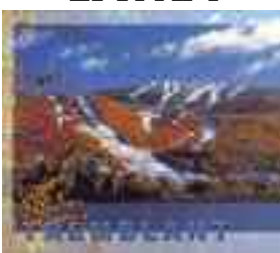
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BEER

Beer for the summer

BY CAROLA PRICE

There is nothing finer on a sweltering day than an ice cold beer. For some, there is just no comparison to deliciously fruity sangria or a chilled, crisp white wine, but let me sway you to the other side for one brief moment.

Memories of adolescence

The taste of a nice cold beer can evoke memories of moving day or working in the garden or sitting around a bonfire on a starry night. In other words, adolescence. There are some people who prefer the taste of beer to wine and there is nothing wrong with that. After all, the well trained sommelier learns to appreciate and write about every kind of alcoholic beverage. I like beer on occasion, but I seem to end up spending more time with the premium and interesting flavoured ones than the big brewery beers.

As the mercury rises, so does one's desire for beer. Lounging on a terrasse sipping some of Quebec's finest offerings may be just what keeps the body going in preparation for winter. I know of several brew pubs that have great terrasses and introduce their beers in tasting formats, a great way for someone to try it all without drinking endless pints.

The procedure

Beer is a funny thing. It can be light and almost tasteless with very little aftertaste, or it can be a heavy almost stew-like sensation. It is filled with calories, due mainly to the hops and malt, and can leave you feeling quite bloated.

Beer is made through a fairly simple process from malted grain, yeast, hops and water. It generally falls into two main categories: lager and ale. There are two types of yeast. One type of yeast likes to be fermented at a cooler temperature so as to make lagers; while the other likes the warmth to make ales. There are four general types of lager: American-style (insert jokes and comments here), Pilsner, light lager and dark lager. And there are three types of ale: brown, porter and stout.

The Experimentation

When you find a good beer, however, you may tend to stick with it, leaving little room for competition. I know of certain members of my own family who have never ventured past breweries like Labatt or Molson. A crying shame really, as there

are so many different kinds of tasty treats out there to sample. I must say looking for new goodies is half the fun of drinking.

Once you've decided on the type of beer you like, then you can play around endlessly in that category, or venture to the darker side of the spectrum. There are lovely ales that are not much richer in flavour than a dark lager.

In the summertime, I am partial to the addition of fruit to my drink. Think of it as sangria for the beer world. Raspberry Blonde at **Brutopia** and McAuslan Apricot Wheat from the dep are just two of my summer standards. Although the hotter it gets, the more I need to quench my thirst with the lightness of Carib Lager from Trinidad and Tsingtao from China.

The Lists

The Canadian Beer Index lists 23 breweries in Montreal alone and about 12 brewpubs, where one can enjoy the ambiance of a bar and sample some amazing house brews made right on site.

Breweries can be toured with an appointment, a fun little outing, perhaps as part of a stag or stagette. McAuslan Brewery is right near us, below the tracks near St. Remi. They have a wonderful terrasse that is open every day, with a fab view of the canal.

Les Brasseurs RJ is located in the east end and has a variety of seasonal beers made with apple, cranberry, blueberry and maple. They make Belle Gueule, Cheval Blanc, Tremblay and have partnered with Boris, an Alsatian brand, and Bitburger.

Then there's Bierbrier Brewery located right on Guy St. The owner is a local Westmount boy and his beer is a real winner. The ale is light tasting without the bitterness of some ales and is smooth enough to have more than one!

The last one is Unibroue located in Chambly. Sleeman is part of that group and their beers are really outstanding. A day trip to that brewery is worth a visit.

The Recommendations

Czechvar Lager \$3.10

Pleasant aftertaste, medium-bodied with crisp wheat flavour, slight citrus residue. Bitter but not strong on the finish. Very palate cleansing.

Eggenberg Pilsner. \$2.30

Crisp and metallic with some mineral components. Very clean with a slight hop flavour. Great nose with strong wheat and earthy tones. Mouth filling with a


long aftertaste.

Mort Subite Raspberry Lambic. \$5.60

Slightly strong on the palate with a sparkly overtone. Nice raspberry flavour all the way through the finish. Clean and crisp in the mouth with little aftertaste.

Okay, a wine too...

Carpineto, Rosato, Italy. SAQ#10263189. \$15.40

This Sangiovese based wine is a delicious pairing for seafood tossed pasta and the cheese plate as starter of an evening. The mouth is cherry and raspberry with a floral overtone on the finish. Its acidity is balanced with the fruit and is delicious the whole way down. 

For Westmount news, check out the

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GARDENING

Green grass is unnatural in high summer

BY MARY SODERSTROM

Liking closely cropped, intensely green lawns probably goes back that time eons ago when our ancestors were evolving on the plains of East Africa. Back then, green vegetation meant water while short grass meant grazing animals to be hunted, and people who sought out this landscape did better at being fruitful and multiplying than those who did not.

But Montreal is a long way from the savannah and recreating that kind of lawn here all summer is tough work. Our grass does best when it's not too hot and rain is abundant – in other words, early in the season and once the heat of summer is past. You may try to make the grass think it's not July by pouring on water, but you probably won't succeed.

So what's a good gardener to do?

You could let your lawn grow yellow-brown during the height of the heat. That's probably the most ecologically sound approach – and the easiest. Remember that the magnificent lawns at Versailles were allowed to grow golden under the Sun King. Remember, too, that cool nights and a couple of days of rain will turn our green again quickly.

But if you insist on watering, do so early in the day, and adjust your sprinklers so they don't spray sidewalk or street. Cut grass no shorter than two inches, and



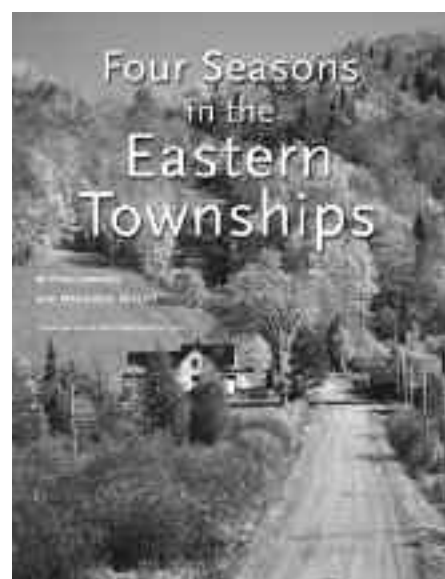
Grass doesn't have to be green to be enjoyed.

mow just before rain is forecast since that will stimulate new, green growth.

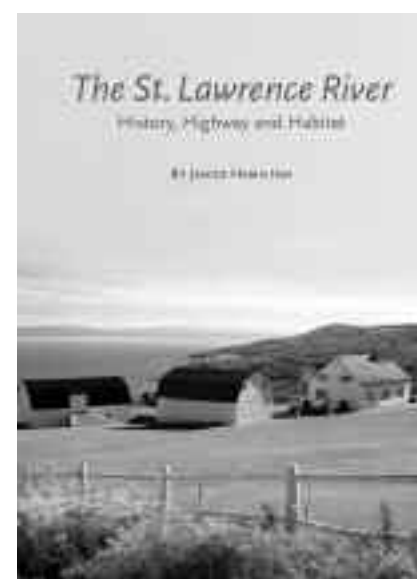
Or replace at least part of your lawn with beds of perennials watered by drip irrigation to cut down on both work and wasted water. And don't worry if a few other plants insinuate their way into your lawn. The grass in Mount Royal Cemetery, which stays green longer without watering than any other lawn I know, includes clover, wild strawberries, tiny daisies, sedges and violets. Nice on bare feet, pleasant to the eye.

For more about grasses, see an article in The New Yorker by Wayne Graham: <http://www.smgrowers.com/info/grass-man.asp>.

Mary Soderstrom, whose book Green City: People, Nature and Urban Places was published by Véhicule Press last fall, has nearly no grass left in her garden.



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to Montreal
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MONTREAL BY DESIGN

Peel and Wellington

BY AURELIEN GUILLORY AND
GRETA VON SCHMEDLAPP

Hello, my darlings... Greta Von Schmedlapp here. I did tell those of you who read my introduction recently in Sherbrooke-Valois' other newspaper, the *Westmount Independent*, that I would be reporting on what's doing in our little Montreal... Even tho' we're not the grand New York, we do have good things to find here and there around town.

The wise editors have enticed me to be your Shopping Sleuth for *Vivva* – so fasten your seat belts, and please pay attention to my roving eye! Each column will mention a special place or area in town for you eager design shoppers to peruse. You know, of course, that my aid in this quest for the new, unusual and sometimes thrifty goodies is that special interior designer, Aurelien Guillory. He and I will be ferreting out special places here and there – especially for those of you who need and demand things that are “*pas comme les autres*.”

Well peeled

Today's area of research might not be too well known. It's at the bottom of Peel St., oh, that doesn't seem elegant. Shall we call it Wellington-Peel? Well-Peeled? Anyway, scoot down Peel, and stop at Ferreira across from the Cours Mont-Royal first for their delicious saumon semi-cuit, and then all the way below to the Celadon shop (186 Peel St. 514.789.5142) for a superbly

edited, “crisp classics” collection of furniture and accessories, and the best British paint: Farrow & Ball. I saw Aurel's client's pied-à-terre in Paris with Pale Hound, Ointment Pink, and Tallow – the most sumptuous colours!



Greta is always on the lookout for great design purchases.

Doing well on Wellington

We are now near Wellington and around the corner westward is a surprise near the pointy corner of Montaigne: Ludovic (248 de la M 514.678.6617). Here you will find ceramics by David Adler, including a perfect pill box for those stressful moments shopping for a witty gift for your friend who has everything. The eyes of Benoit and his team let you see things...

Do also drop in to a very special shop, west of the usual antique shops on Notre Dame is Importation Hapsbourg (1520 Notre Dame 514.876.9220) where Marek displays his selection of art deco and art moderne furniture from central Europe.

There, my dears, just a taste of what we'll find together in the next weeks!

P.S. do phone or email me at Aurelien's office. I'd love to hear about your visit, and any other places you'd let us know about... so, have a lovely martini, and keep shopping!

Aurel (and Greta) can be reached at aurelien@colorsbyaurelien.com.

Trinity boasts superb atmosphere

continued from page 1

and beside the downtown YMCA, the interior of this new hotspot is a breathtaking sight: after walking up pristine white marble steps, I arrived on an elevated landing to be met by blinding white walls, accentuated only with vibrant fuchsia bougainvilleas, azure hues, sparsely hung Greek Orthodox art and banquettes adorned with vibrant Moroccan-style cushions.

As I digested all of this beauty, I noticed that a small pond located near the entrance was filled with water and decorated with fresh rose petals. I was tempted to take a dip. My eyes then focused on the middle of the restaurant, which is an open kitchen set up like a fish market, under an enormous skylight. Many varieties of fresh fish are nestled in ice, among them red mullet, sea bass, snapper, sardines, oysters and shrimp.

A great bar

My friend, who had eaten at Trinity the week before and was happy to be back for more, suggested that we sit at the bar for a drink before going to our table. The bar is attractive (the ceiling consists of white-washed tree branches) and well stocked. Ouzo is available by the glass (\$6 to \$9). All of the wines on the list are Greek and prices start at \$49 a bottle. After a crisp, refreshing glass of dry white wine (wines by the glass are \$12 to \$14), we ambled over to our table.

Almost immediately, the owner, Peter Morentzos came over and chatted with us in a charming, welcoming way. I complimented him on the breathtaking *décor*. He told me that he had modeled it after monasteries in Santorini and Crete. He went on to explain that he included banquettes, which seemed to be one with the wall and wrap around half of the restaurant, because they are reminiscent of homes in Macedonia, where the furniture is built into the walls. Here, they are a great place to lounge and have an after-work drink while listening to the not-too-loud trendy music in the background.

Our table was next to the “fish market” in the centre of the restaurant. We watched as the kitchen staff, dressed in crisp, fresh aqua-blue shirts, cleaned and prepped the fish as Peter Morentzos stood inspecting the cooked dishes before they were delivered to hungry patrons. He’s obviously a perfectionist.

Best seats

We were seated along the open kitchen.

I quickly made a mental note that the best seating is actually directly facing it, as the view is better.

I studied the menu, which had adequate choice but was not overwhelming. Main dishes range from \$32 to \$39. For lamb, goat or suckling pig cooked over a spit (not available the night I was there), the price is \$24 to \$29 per pound. We ordered a bottle of white wine (\$65) and a



Just close your eyes and imagine you're in Santorini...

trilogy of mezze spreads: tzatziki, garlic potato and red pepper and feta, accompanied by walnut-coloured, yeast-free bread and olives. We then ordered three appetizers and a main dish, which my dining companion and I shared: spinach dumplings dressed with a dollop of goat's yogurt and honey (sounds like a strange *mélange* but absolutely fabulous); crab cakes (tasty but a little hard); and wild rice and lobster wrapped in vine leaves in an egg emulsion (very fresh but too fishy for me).

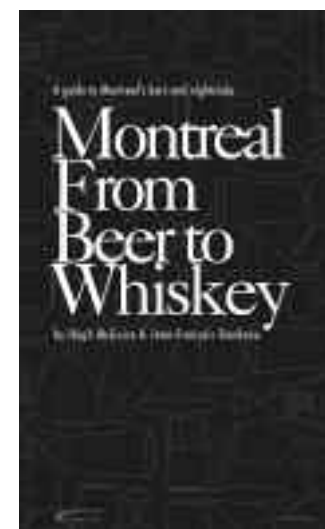
Lamb and pasta

Our main course was a fall-off-the-bone lamb shank served over a bed of *hilopita* (Greek pasta) and tomato sauce, which was mouth-watering. We ordered a simple romaine leaf salad dressed only with a tangy dressing to accompany the lamb, which was a wise decision after everything we had sampled. Our waitress proposed dessert: chocolate *crème brûlée*; goat's yogurt with pine nuts and honey; or fresh baklavas. Very tempting, but after everything we had already gobbled, not possi-

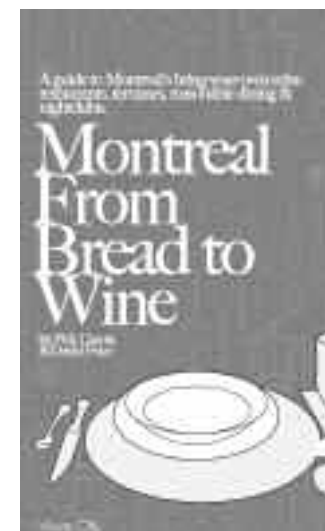
ble... my waistline will thank me!

My overall impression? This is a dining experience to beat all, mostly due to the magnificent *décor*. The service was excellent. The food was good too, but slightly overshadowed by the beauty of the surroundings. I look forward to my next visit to Santorini on Drummond. The bill was \$200, including the wine. Definitely on the expensive side, but well worth it for an occasional splurge. A *table d'hôte* is available at lunch: \$26 for an appetizer, main course and desert. Reservations are essential, wheelchair access available but not evident. Trinity, 1445 Drummond St., 514.787.4648, www.trinity-restaurant.com.

ach salad served with a small piece of fresh salmon (\$11), which was tasty although the salmon was a little dry. My friend ordered the hamburger and fries (\$11). The burger was good (plain and simple) but the fries deserve an honourable mention: they were outstanding. We shared dessert, a piece of dry, heavy cheesecake (\$5). Not worth the calories. Every second Wednesday night a jazz trio performs, which we caught on the way out. Café Local is a great, low-key, cheap 'n cheerful neighbourhood spot, which will remain in my *répertoire*. Café Local, 200 St. Viateur (corner l'Esplanade), 514.274.3651.



A pair of books to guide you through Montreal's dining and bar scene.



Café Local

Taking it down a few notches and over to a cute, neighbourhood hangout, Café Local has been open for about two years. Located on the corner of St. Viateur and l'Esplanade, the small restaurant is simply but tastefully decorated and hosts a great terrace for having a drink and a bite to eat. You must order food with an alcoholic beverage, but don't worry, there are lots of tasty, small and inexpensive items on the menu. I headed over to the Plateau resto after work for a drink with a friend last week.

Table on a terrasse

We were lucky to find an outdoor table amid the 5 à 7 crowd, sat down and promptly ordered a pitcher of sangria (\$22 for a pitcher, \$6 for a glass). Because we had to order food, we decided to share the hummus served with either grilled or fried pita triangles accompanied by Kalamata olives (\$7). We were still chatting and sipping by dinnertime so the only logical thing was to order supper. I had the spin-

Tours highlight Knowlton, Lake Brome's historic and architectural riches

Knowlton and Lake Brome are deservedly renowned for the plethora of delights they offer, from charming lodging, to hunt-worthy antiquing, to top-notch cycling in summer and wonderful skiing in winter, to bucolic sights year round. Now, another item can be added to the long list of reasons to visit the two popular destinations in the Eastern Townships: two his-

torical and patrimonial tours have been launched, highlighting the area's Victorian architectural style and Loyalist history.

The Lake Brome Chamber of Commerce is positioning Knowlton and Lake Brome as important historical sites. This new orientation is a boon for visitors, who can now discover the magnitude of the area's rich history.

Brochures explaining the tours are available at various locations, including the chamber's office at 255 Knowlton Road in Knowlton. In the works is a plan to include an online version of the brochure on the chamber's website, www.cclacbrome.com, as well as to put on each building on the tours a plaque explaining its significance.

The quintessential Victorian village

The town of Lake Brome was founded in 1971 following the amalgamation of seven villages: Bondville, East Hill, Foster, Fulford, Iron Hill, Knowlton and West Brome. It surrounds the lake bearing the same name, which was inspired by the name of a Suffolk county village in England.

A mere hour southeast of Montreal and 20 minutes from the U.S. border, Knowlton is the perfect year-round destination and the quintessential Victorian village. It was settled by Colonel Paul Holland Knowlton, a Vermonter who built a flour-mill in 1836 as well as a sawmill and a general store. The buildings prospered and, as early as the end of the 19th century, transformed Knowlton into a middle-class village. In 1894, Knowlton inaugurated Quebec's first free public library, Pettes Library. In 1855, an inn and a post office were built in the town, which became the regional



Knowlton c. 2007.

center for telegraphic communication. Then, Knowlton became Brome County's county seat.

It wasn't long before the town drew tourists. They began discovering Knowlton as early as 1867, compelling the Canadian Handbook Tourist Guide to describe the village as "outstanding." Starting in 1920, magnificent houses started being built around the lake, discretely hidden behind cedar hedges and rock walls.

A time gone by

In many ways, little has changed in Knowlton since that time. To stroll about this picture-postcard village is to feel the tranquility of a time gone by, while at the same time enjoying the modern amenities, shops and restaurants. Knowlton is

home to a country museum, a professional English theatre, walking paths, a marina, a public beach and a park at the center of the village by the waterfalls. In winter, visitors can choose between several spots to ski, ice-fish, dogsled, slide or skate.

Foster is home to the old train station and a perfect representation of a common model that used to be found along the Canadian Pacific rails in the late 19th Century. A tourist welcome bureau is inside.

Fulford and West Brome

Built alongside the Yamaska River, the hamlet of Fulford emerged in 1858 with the construction of a tannery. In 1881, a sawmill reinforced the village's economic activity.

West Brome's McCurdy St., between Route 139 and Durkee Street, is graced by residences in several clapboard styles. On the other side of Route 139, a kilometre away on Scott Street, there is a beautiful round barn.

You can find all this and much more on the tours, which are the result of two intensive years of work that required the involvement of historians, heritage specialists, building owners and municipal groups.

For more information, please call 1.877.242.2870.

THEATRE LAC BROME

A Season Festival of English Language Theatre in Knowlton - starting June 29

Noel Coward's
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Saturday July 28

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THE URBAN TOWNSHIPPER

- North Hatley hosts **Band Concerts** at Dreamland Park on July 1, August 5 and August 12 at 2 pm.
- The eight-week **Orford Festival** presents a variety of musicians from June 22 to August 12, including: Oliver Jones and friends on June 29 at 8 pm (\$35); Tsutsumi, Cello Passion on July 6 at 8 pm (\$32); La Dolce Vita - A Tribute to Italian Film on July 7 at 8 pm (\$35); and Watermusic, promenade sur la Tamise on July 13 at 8 pm (\$35). For a full listing, including a list of free concerts, check out www.arts-orford.org or call 1.800.567.6155
- La Grande Virée Artistique de Sherbrooke** allows participants to visit artists in their studios and galleries. It runs from June 30 to July 8 from 10 am to 5 pm. Go to www.lagrandevireeartistique.qc.ca for a map and listing of artists, or pick up a map at local tourist information offices, the Centre culturel de Rock Forest or local hotels.
- The Eastern Townships is hosting a

variety of cycling events this summer, including: **BMX National Championship** at BMX Bromont from June 29 to July 1; **National Championship** at Track Bromont from July 12 to 15; **24 Hours Enduro Hydrapak** at Mountain Bike Sherbrooke from July 21 to 22; **Challenge East Canada** at Track Bromont from July 27 to 29; **Mondial/Cyclotour** at Road Bromont on July 29; **Quebec Cup #2** at Track Bromont on August 3; **Quebec Championship** at Track Bromont from September 1 to 3; and **Quebec Cup Final** at Track Bromont on September 15. For more information, go to mondialduvelo.com or call 1.450.534.3333 for information.

Swimmers will swim the length of Lake Memphremagog (among other less ambitious events) during the 29th edition of La Traversée Internationale du Lac Memphremagog from July 27 to August 5, 2007. Check out www.tilm.net for details.

Lake Champlain's Islands & Farms: They're closer than you think!

July Events

July 11 Denise Whittier Cabaret at Grand Isle Lake House

July 12 – August 26 Lipizzan Stallions performances in North Hero

July 14-15 Open Farm and Studio Weekend in the Islands

July 20 and 31 Vermont Mozart Festival

July 20-21 Grand Isle Rotary Antiques Show

July 20-22 Champlain Islands Art Show and Sale

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South of the Border

Here's some of what's happening near Burlington, Vt. and Plattsburgh, N.Y., an hour or so by car:

Broadway by way of Burlington

Catch Broadway stars without making the trek to New York City. Consider northern Vermont, where the Tony-award winning musical *Into The Woods*, featuring Broadway stars Sujana Chand, John Hayden and Kathryn Markey, runs at the St. Michael's Playhouse at McCarthy Arts Center in Colchester, minutes from Burlington's Church Street Marketplace. Showtime starts at 2 pm Saturday, June 30 and 2 p.m. and 8 pm Sunday, July 1. Tickets cost \$30 U.S. or less. For more information, please call 802.654.2281 or see www.saint-michaelsplayhouse.com.

Life's a cabaret

A short and gorgeous drive from the border, the Grand Isle Lake House is hosting an evening of **cabaret and Broadway songs** with Denise Whittier and Friends at 7:30 pm on Wednesday, July 11. Enjoy a picnic, the views and song. Tickets cost \$10 U.S. for porch seating and \$25 U.S. for indoor. For more information, please call 802.372.5186 or see www.islandarts.org.

Behind the scenes at farms, studios

Champlain Islands artists, craftspeople and farmers will welcome visitors to their **studios and farms** between 10 am and 4 pm on the weekend of July 14 and 15. Maps will be provided and participating sites will be marked with red heart-shaped balloons. Visitors will have the opportunity to watch how things are done behind the scenes and to talk to the artists and farmers themselves. For more information, please call 1.800.262.5226 or 802.372.8400 or see www.champlainislands.com.

CIAO, baby

Champlain Islands artists will exhibit and sell their work during the Champlain Islands Artists Organization (CIAO) **art show** at Grand Isle School on U.S. Route 2 in Grand Isle, from Friday July 20 to Sunday July 22. Hours are 3:30 to 5 pm Friday and 9 am to 5 pm Saturday and Sunday. For more information, please call 802.372.8216 or see www.islandarts.org.

Islands-style antiques show

Two dozen antiques vendors from

northern Vermont and upstate New York plan to participate in the Grand Isle **Rotary antiques show** at Folsom School in beautiful South Hero from 9 am to 5 pm on Friday, July 20 and 9 am to 4 pm on Saturday, July 21. Lunch will be available on the grounds. Admission is \$2.50 U.S. per person. For more information, please call 802.372.5741 or email cruiser1@together.net.

Life's a beach in Plattsburgh

Keep this in mind next time you find yourself in Plattsburgh, post-shopping and overheated: Plattsburgh is home to the largest freshwater beach in the United States. Even better, **Plattsburgh City Beach** opened earlier this month. It boasts picnicking, jet-ski and paddle-boat rentals, concessions and access to the nearby ferry and a state park, not to mention picture-postcard views of Vermont.

It costs \$6 U.S. per car to get in. The Plattsburgh Beach is open, weather permitting, 11 am to 7 pm every day until Labor Day. The entrance is at the corner of Cumberland Head Road and Route 9. The address is 2 Beach Road. For more information, please call 518.324.7709.

Shaker pieces on display

A northern Vermont jewel of a museum, the Shelburne Museum is a straight shot down U.S. Route 7, about five minutes south of Burlington. Throughout the summer it is hosting an exhibit of Shaker furniture, household objects, textiles, paintings and spirit drawings.


More than 150 such Shaker pieces, replete with minimalist grace, will be on view at **"Out of This World: Shaker Design Past, Present and Future,"** a recently opened exhibit that runs through Oct. 28.

Tickets are \$18 U.S. or less. For more information, please call 802.985.3346 or see www.shelburnemuseum.org.

Boat parade of lights on Lake Champlain

The Church Oil Boat **Parade of Lights** starts at 7 pm on Thursday, July 5, at the Plattsburgh waterfront.

Whimsical and delightful, this lighted parade of boats will begin at the Wilcox Dock and proceed down past the Plattsburgh Boat Basin. Featuring boats of all types and sizes in a judged event, the parade is part of the 30th annual Mayor's Cup Regatta, Lake Champlain's most highly regarded boat race and a partnership between the Plattsburgh Sunrise Rotary Club and the City of Plattsburgh.

For more information, please see www.mayorscup.com. 

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Virtual tour: www.mcguiغانpepin.com/571081



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Westmount Victoria Village beauty! Large 3-bedroom + den w/fireplace. Woodwork, architectural treasures. Exposed brick and decorative fireplace in living room. Planned kitchen, pantry, adj. mudroom. Deck, garage. **Asking \$695,000**

Virtual tour: www.mcguiغانpepin.com/571575



Westmount Prime Victoria Village location for a great price! 4+1 beds, 2 bath, fin. bsmt. with private entrance. Spacious entry and rooms, stained glass, high ceilings, skylight, garden, 3 balconies, sticker parking. **Asking \$535,000**

Virtual tour: www.mcguiغانpepin.com/571517



Downtown Sun-filled 2-level 2300 s.f. penthouse apt. with large terrace overlooking Mount Royal. Top floor features spacious entry, LR and DR, gourmet kitchen. Deluxe built-ins. Quiet lower level bedrooms. **Asking \$799,000**

Virtual tour: www.mcguiغانpepin.com/571559



NDG Three bedroom condo in handsome 6 unit building. 1,500 sq ft of living space including 2 bathrooms, fireplace. Enjoy your morning coffee on the balcony. Walk to Villa Maria metro, Monkland Village. **Asking \$325,000**



Downtown Quiet, hassel free living across from Mount Royal. Perfect one bedroom pied à terre in a prestigious and elegant building. Parking, doorman and security. **Asking \$232,000**

Virtual tour: www.mcguiغانpepin.com/571544



Plateau Mont Royal Modern, open loft with 3 closed bdrs. Calling all artists or art lovers – this space has ideal wall space with excellent lighting. 15 feet of windows on 2 levels. Walk to all hot spots. **Asking \$439,000**

Virtual tour: www.mcguiغانpepin.com/571631



La Mauricie Pristine heritage property with 2 private pollution-free lakes surrounded by 120 acres of natural forest. Adjacent to pristine forest, this property guarantees protection of privacy, supreme wilderness and a sanctuary for wildlife. **Asking \$880,000**

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